



caducean

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Change of Command

Col. Franklin R. Smith will relinquish command of Tripler Army Medical Center to Brig. Gen. Warren A. Todd, Jr., Thursday. The ceremony starts at 10 a.m. in Constitution Grove.

Lt. Gen. Alcide M. Lanoue, commander, U. S. Army Medical Command will preside over the ceremony.

Smith, who will once again be the Deputy Commander for Clinical Services, has been commander of Tripler since July, 1995.

Bears to Children in Bosnia

The group, To Bosnia with Love!, is inviting donations of new or slightly used teddy bears and other stuffed animals to its cause by Jan. 31. They plan to deliver the precious cargo to children in war-torn Bosnia by Valentines Day.

A collection center is open through Jan. 31 at 825 Kapolani Boulevard, on the ocean side of the street between Ward Avenue and Cooke Street. The center's hours are 6 to 9 p.m. Monday through Friday and 10 a.m. to 2 p.m. on Saturday.

For more information, call 396-4673.

Medical Team Delivers Supplies to Russia

by Spc. Alex Bonafice,
U.S Army Japan Public Affairs and
James Campbell,
Editor

Thanks to the help of military specialists and a team of experts from Tripler, the quality of medical care for the people of Vladivostok, Russia has been improved.

A medical logistics support team consisting of doctors, nurses and technicians from the Army, Navy and Air Force, along with civilian specialists, installed surplus hospital equipment and trained local hospital staff on its use.

The equipment provided includes X-ray, laboratory, operating room, dental and optical equipment, hospital beds and supplies — in all, 61 forty-foot containers full. It was reserve stock stored at the 17th Area Support Group's Sagami Storage Facility in Japan. The equipment is no longer needed by the Army.

"The bottom line of the mission is to give people the opportunity to receive good and consistent medical care," said Lt. Col. David M. Cummings, MLST team chief and executive officer of the 376th Combat Support Hospital.

"The equipment is in excellent condition," said Yoshihauru Shino, biomedical equipment repair technician. "There were some minor repairs that we had to do, because it was in storage."

"Some of the stuff is new, in the sense that it's never been used, but is actually 15 to 20 years old..." said Maj. (Dr.) Brian J. Crisp, the team physician from Tripler.

The major difference between Russian medical caregivers and their American counterparts is the level of technology and resources available, Crisp said.

"They are a smart bunch of folks, but it doesn't matter how smart you are if you don't have the equipment to back it up — and that's what they're lacking," he said.

Crisp, who is a veteran of an earlier humanitarian mission to Mongolia, expects the mission will have positive effects on the hospital.

Before the medical team went in for phase two of the operation, an advance team from Tripler and Schofield Barracks had to assess the logistical and security issues for the delivery.

Inventories were taken of the hospital to make sure they were getting what they needed, and various delivery methods had to be considered.

"The area was known to have a high crime rate, and the only thing we could do was bring the locked containers up from the port one at a time," explained Sgt. 1st Class Kevin Guerrero, noncommissioned officer in charge of Tripler's Provost Marshal Office who was in charge of security assessment on the mission. Medical items have a high value on the black market in the struggling economy of the region, he said.

Along with the delivery and implementation of the life-saving supplies, there were cultural and language barriers to overcome, and the structured society was eye-opening. Within a one mile area there are three different hospitals. A separate facility for civilians, police and military — none of which appeared to be modern, according to Guerrero.

"They were receptive to learning the advance techniques," said Capt. (Dr.) Patricia Hill, team optometry consultant from Tripler's Optometry Service. She explained they knew the basics, but had no opportunity, until now, to use modern methods and technology. "It made us feel thankful for what we have."

World Sends E-Mail Words of Encouragement to Deployed Troops

by Rudi Williams,
Armed Forces
Information Service

"Thank you so much for helping to build peace. There is no greater reason to use your great military expertise than to save peoples lives and give them a future that we in the U.S. take for granted. Make care and have the best holiday and New Year possible."

This is one of the first

messages to troops in Bosnia DoD received over its newly established "any soldier" electronic-mail holiday greetings system. Susan Cooney of Fresno, Calif., used her home computer to send the message through the Defense BosniaLINK home page on the Internet's World Wide Web.

Defense officials established the system so the public can send holiday

greetings to service members participating in Operation Joint Endeavor, the NATO peacekeeping mission in Bosnia-Herzegovina.

Within the first 12 hours of the December 18 debut, citizens from across the nation and overseas had responded with more than 1,000 holiday greetings to troops, said Rick Silva, a DoD information resources manager.

"In the first four days, we've received more than 5,000 holiday messages from every state and U.S. territory and from overseas — Germany, Korea and Haiti," Silva said. "All of the messages are very positive and supportive. It's hard to keep a dry eye when you read some of the heartfelt support in these messages."

Steve Weintraub of St. Louis wrote: "What you guys are doing is the great-

est. Your presence will bring the happiest Christmas in years to the Bosnian people — who are people just like we are. Our country must use the resources we are very lucky to have to take a leadership role and prevent injustice throughout the world. We are all one race."

Currently, DoD is unable to deliver personal e-mail messages to specific individuals or units. The messages are distributed

through internal print media sources and broadcasts by the Armed Forces Radio and Television Service in Bosnia and the areas supporting Joint Endeavor.

To send a message, access BosniaLINK through World Wide Web address <http://www.dtic.mil/bosnia/>. There is also a quick link to Bosnia electronic mail at Tripler Army Medical Center WebLink, <http://www2.tamc.amedd.army.mil>.

Kill a Virus

Feedback from the editor

There are few things in this world that can make you feel worse than catching a virus. I'm not referring to the kind of virus you catch from germs or bacteria. This is not a medical discussion of any sort, even though getting physically sick is almost as bad.

The culprit is the virus of the Information Age. The one that gets your data. The creatures that lurk in the basements, closets and back alleys of the digital world. These warriors show no mercy.

I've often had the pleasure of apprehending and annihilating these code-based boogey men before they perform unthinkable deeds their creators planned. It is always an exhilarating experience. This time was no different.

The computer churned, processing the data that allowed it to start the software I use every day. A sharp beep followed by a disturbing message appeared.

"The virus AntiEXE has been found!"

It was active, and ready to strike.

"Do you wish to disinfect?" What kind of question is that? I want to scrub, kill, cleanse, destroy. I let the virus protection software attack. The line of departure was crossed and the battle began.

Magic happened. Some brilliant programmer had studied this virus. It had been dissected and exposed. The weakness was discovered. The stealth ability was now revealed. I was going to win.

"The virus has been removed."

Sweet victory, but the enemy may have inserted its special operations teams elsewhere. It is time to search and destroy.

Armed with no less than three different virus detection programs, I began a campaign. It was time to rid the battlefield of any trace of the enemy.

A stack of computer floppy disks was the last corner of the combat zone. I began to slowly seek my enemy. This is exactly what virus programmers must think in their devious minds.

"We may not get your data, but we will waste your time." They did. Two precious hours later, I was sure I could decree final victory. I held the source of the attack in my hand. It was over.

Part of winning any battle is knowing your enemy. I wanted to find out more. The virus I lead to a violent death was created in Russia. If it had been allowed to live much longer it would have reached full stealth mode in the system memory. AntiEXE has a specific mission to attack only one certain type of file of a certain size. It had found that file and tried to corrupt it, but my defense was strong.

In rare circumstances, AntiEXE can morph and launch a full scale attack on nearly every sector of your hard drive. Just what we need, a Mighty Morphin' Power Virus.

Further research into

the dark realm of virus code yielded surprisingly long lists of these amoral foes. They can shut you down, scare you, waste your time, make you laugh, make you cry, send dirty words to the printer along with your document, give you a political statement and generally make you have a bad day.

What can we do? I say arm yourself to the teeth, set the switch to full auto, and come out firing. Scan every single disk that comes near your computer turf — no excuses, make time. Back up all of your critical data once you know it is clean and it's destination is clean. Update your virus detection software on a regular basis. Don't share software that contains programs unless you have specific authorization to do so, and you know they are clean. Remember most software carries copyright protection and heavy penalties for misuse. New attack code is written every day. Defend yourself every day.

I also think it is important not to back down. Don't let the threat of a virus stop you from sharing productive data. Don't let anything keep you from exploring the vast resources of the Internet. Just be safe.

If you get one, kill it! Kill it for me.

The Information Management Division's Tech Center can help with virus detection and removal. Contact them at 433-777.

Every encounter with a virus must be reported to the Tech Center. The Information Systems Security Officer will require a virus report.

in the mail...

Certain Behavior Patterns Should Warn of Danger

Recent unacceptable activities at Fort Bragg, North Carolina involving active duty personnel who are members of extremist groups serve to remind us that these beliefs and behavior are not appropriate for Army service members. We should take this opportunity to look around. If

we note that any of our bretheren are becoming involved in extremists groups, we must report this information to the Troop Commander or Command Sergeant Major for appropriate follow-up. Command Sgt. Major Pate and Col. Ronald Kershner can be reached for confidential discussion at 433-6746 or 433-5731

respectively.

Tripler has a tradition of team work and cultural sharing that must not be broken by an unfortunate incident that could be prevented. I encourage you to respond if you have any information to provide.

Col. Franklin M. Smith
Commander

Safety Office Says If You Missed the Surveyor's Question in December, They Have the Answer

Fire extinguishers are special pressurized devices that release chemicals or water to put out flames. When used correctly they can keep small fires from becoming big ones, provide an escape route or help fight a small fire until the fire department arrives.

Three major classes of fire: Class A fires - these are fueled by ordinary combustible materials such as wood, paper, cloth, upholstery, many plastics. Use a fire extinguisher with an "A" symbol or "ABC" symbol on the label.

Class B fires - these are fueled by flammable liquids and gases such as kitchen greases, paints, oil, gasoline. Use a fire extinguisher with a "B", "BC" or "ABC" symbol on the label.

Class C fires - these are fueled by live electrical wires or equipment, such as motors, power tills, appliances, medical equipment. Use a fire extinguisher with a "C", "BC" or "ABC" symbol on the label.

The right kind of fire

extinguisher: For class "A" fires - water type fire extinguisher which cool and soak burning materials. Note: never use on "B" fires they could scatter the flames or "C" fires when the current is on, you could get an electrical shock.

For class "B" or "C" fires - Carbon dioxide (CO2) or dry chemical fire extinguisher smother flames. Note: Use of these on a class "A" fire could cause the paper material to scatter spreading the fire.

For class "A", "B", "C" fires - multipurpose dry chemical fire extinguishers smother flames like dry chemical types but with a different kind of powder. Note: this is the most common type in Tripler.

Some things you should know before you use a fire extinguisher: A water type fire extinguisher has a spray range of 30-40 feet and takes about one minute to empty.

A carbon dioxide (CO2) fire extinguisher has a spray range of 3 to 8 feet and takes 8 to 30 seconds to empty. A dry chemical fire extinguisher has a spray range of 5 to 20 feet and

takes 8 to 25 seconds to empty. A liquefied gas extinguisher has a spray range of 4 to 8 feet and takes about 8 seconds to empty. A multipurpose dry chemical fire extinguisher which is the most common one used in Tripler has a spray range of 5 to 20 feet and take 8 to 25 seconds to empty.

In case you need to use a fire extinguisher follow theses general steps: Look to see what is burning and be sure to use the correct extinguisher. Get close to the fire, about 4-5 feet (6-8 feet for flammable liquid fires). Hold the extinguisher upright when fighting a fire. Unlock extinguisher by pulling out the locking pin. Approach fire ensuring you have a way out. Aim at base of flames. Squeeze handle and move nozzle in sweeping back and forth motion. Be efficient because most fire extinguisher are emptied in a very few seconds. Make every second count. Never turn your back to the fire.

Tripler Safety Office



caducean

Commander: Col. Franklin R. Smith
Public Affairs Officer: G. A. Vidis
Editor: Staff Sgt. James Campbell

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Commander's Farewell

Smith Returns to Deputy Commander for Clinical Services Position, Cites Team Accomplishments

Eagles' Nest

by Col. Franklin R. Smith, Commander

After nearly six months as your interim commander, I am about to hand the Tripler guidon to Brig. Gen. Warren A. Todd, Jr.

Few of us, certainly not I, would have predicted back in July that I would remain in command so long. Nonetheless, you, the soldiers and civilians of Tripler Army Medical Center, sustained the forward momentum of this large, dynamic organization on its journey through challenges and past milestones in health care.

You could have faltered, but you didn't.

You sustained the tempo of a huge array of clinical, research, training, and readiness activities. Your embrace of innovation to improve the quality and efficiency of those activities have earned Tripler the enviable reputation of a "learning organization." Your hard work and dedication carried us through months of preparation for a spectacularly successful survey by the Joint Commission for Accreditation of Healthcare Organizations and an equally challenging review by the American College of Graduate Medical Education. You have continued to streamline and reshape Tripler to

better meet the health care challenges of the future: managed care, market-share competition, and resource constraints. Simply put, your performance has been magnificent. I owe all of you a heartfelt thank you.

We are indeed fortunate that General Todd has been selected to become Tripler's next Commanding General. An outstanding leader, he will bring to Tripler an exhilarating mandate for innovation and performance improvement. I look forward to serving him, once again as Deputy Commander for Clinical Services, and ask all of you to bestow upon him the same loyalty and dedication you gave me. He will lead us well.

Chaplain Urges, 'Don't Leave God Out'

Spiritual Fitness

By Col. (Chaplain) Kenneth V. Carpenter
Chief, Department of Ministry and Pastoral Care

It is interesting how religion has a way of touching our lives. While many of us may have had difficult, even unpleasant experiences with organized religion or its leaders in the past, nevertheless it undeniably represents a powerful force in the world of reality of which we're all a part.

Just because someone has misused the powers of religion for personal gain or improper purposes is no reason to discount its beauty and awesome ability to bring love, joy, peace, faith, and meaning to bear on human predicaments and existential crises. We don't stop going to see the doctor because some medical practitioner was unprofessional. We don't prevent our chil-

dren from going to school because some teacher is unskilled. We don't stop going into high-rises or sky scrapers because one fell due to engineering defects. No, we make the correction, learn from the mistakes, discipline the one responsible, and do better in the future.

My point is that when we leave God out of our lives - for whatever reason - we deny ourselves of creative resources that are essential to personal and communal well-being. We are prone to forget that God is the source of all that is good and worthwhile in life and that, if we ban God from our world, we also eliminate the benefits which the Lord provides - things like love, faith, hope, light, insight, understanding, knowledge,

good will, honesty, joy - the list could go on and on. Often we want those goodies without the God who gives them, but there is no way - they are inseparably connected because they are divinely derived. These are gifts of the Creator and they lead us back to Him. Real joy, happiness, love, and peace all point us to the great Lover of our souls. The Creator wants us to want and worship Him, rather than the creation. To seek and embrace Him is to have all else besides. Jesus said it like this, "Seek first God's kingdom and his righteousness, and all these things will be given unto you as well."

Two acclaimed films demonstrate the importance of religious faith in everyday life. "Driving Miss Daisy" is about an elderly well-to-do Georgia lady who can no longer drive and

must recruit a chauffeur. One of the key places that the driver must transport her is to the synagogue for Jewish Sabbath services. The worship of God is a regular part of her life and weekly routine. Perhaps it also has something to do with her openness to people unlike herself and her concern for the social issues of her time because the teachings of her faith had taken practical root in her life.

The movie "Glory" also is a compelling documentary on the role of religious faith in the life of soldiers. In one of the most gripping scenes the men of the Massachusetts regiment were sitting around the campfire the night before a crucial battle at Fort Wagner. They sang, prayed, and told their stories of faith and thereby prepared themselves for conflict and sacrifice. The toughest troop among them

was asked by the 1st Sergeant to say a few words. In his own way he shared how before he came into the regiment he had no family and no purpose but that he had found a "home" and "family" among his fellow-soldiers. Because of that sense of family and belonging now, he could go into battle the next day. Everything was manageable, because there was meaning, in spite of war and uncertainty.

We can run, but we cannot hide. The presence of God is inescapable, the power of his love invincible. It has a way of sneaking up on us in the most unusual places, in a movie theater, on a street corner, in a magazine advertisement, a popular song, maybe even a bar. Be careful! God comes to you when you least expect Him. He did in Nazareth in the first century.

At the Chapel Seminar

"Spirituality Journey for the Young and the Brave," Jan. 31 from 9:30 to 11:30 a.m.

Christian Bible Study
"Luke - New Hope, New Joy," Wednesdays, Noon to 1:00 p.m.

Catholic Mass Schedule

Daily Mass is held every weekday at Noon in the Blessed Sacrament Chapel. Saturday Mass is at 5 p.m. in the main Chapel, and Sunday Mass is held at 7:30 and 11 a.m. in the main Chapel.

Protestant Service is held every Sunday at 9:30 a.m. in the main Chapel.

For more information call 433-5727.

A Team Effort Well Done, New Year, New Challenge

Pate's Corner

by Command Sgt. Maj. Martin Pate, III

Boy, do we ever have a super team here at Tripler. This was never more evident than during our recent Joint Commission Survey. The wonderful members of this magnificent organization are living proof that, "when the going gets tough, the tough get going." You all really brought it together and dazzled the surveyors as they ventured through our Pink Palace and witnessed the togetherness and pride we share with our customers, and for the success of each other.

We had a busy year in 1995, and I predict the same for 1996. Again, I truly thank each and every member of this wonderful organization for your

personal bestowal of teamwork, and dedication during the past year.

I am confident 1996 will be even better. It is customary for us to try to improve on our past experiences. As I have said before, I do not ask for a 100 percent improvement or change from each person, I only want one percent from everybody, but most of all, I want us to continue the atmosphere of caring, understanding, and working together.

As we continue this journey into 1996, I want each of you to remember that you can accomplish anything you choose. I ask that you try to see yourselves as you really are: powerful, sensitive, determined and gracious. See yourself achieving everything you choose to achieve, and be all you desire to be.

Throughout 1996, you should see yourselves flourishing and conquering all limitations. See yourself for who you really are, and what you are capable of — someone who can accomplish anything. Make your family, maternal and inherited, happy, and keep God in your life.

I want to take a moment now to welcome Medical Department Activity, Japan into the Tripler Ohana. Let's do all that we can to make certain that the great folks in Japan know that we all care about them. Hooah!

Thought for the month:

A friend is someone who not only accepts you for what you are, but makes you feel good about being yourself.

Ten Questions Incoming Commander

by James Campbell, Editor

Caducean: Describe your leadership style.

Todd: Lead by example. Manage by walking around. Stick to the knitting. (Approach leadership with the attitude that) every employee of TAMC is absolutely the best in DoD. Be seen every day and get to know what our employees do — more importantly what keeps them from doing their jobs well.

Caducean: What is your most important tool as a leader?

Todd: I smile and laugh a lot. I believe all people want to do well at what they do and to be recognized for having done a good job.

Caducean: What are some of the unique challenges you will face as the commander of Tripler?

Todd: There are many unique challenges the commander of TAMC faces.

We are a large Army Medical Center sitting in the middle of a large contingency of Navy, Air Force, Marine, Coast Guard, and VA beneficiaries. As in the national capital area, we must develop a plan to better integrate the other services into our health care delivery team.

We have an enormous PROFIS responsibility should a MRC develop in Korea. Over 600 of us deploy. How will we serve our beneficiaries in the same quality manner we do in peacetime when we deploy? Is readiness the top priority of the staff at TAMC? Are our PROFIS personnel 100 percent ready to go? Are our medical personnel in training learning how to provide health care in a managed care environment? If not, how do we best do that?

Caducean: Do you think readiness will continue to become more important for Tripler because of our location and role in the Pacific Basin?

Todd: Readiness definitely will continue to be important to all of us at TAMC. It is a number one

priority but must be balanced with comprehensive, easily-accessed, quality health care to our peacetime beneficiaries. The two are inseparable.

Caducean: The term managed care has become a buzzword in military medicine. Do you see TRICARE expanding to take on a larger part of the health care picture as the Army continues to reshape and rethink ways of providing care?

Todd: I believe TRICARE is here to stay, as is managed care for the rest of the country. The role of the contractor in Region 12 is that of a partner with DoD. DoD is; however, the senior partner, and our colleagues from the civilian sector should work with us to better improve the delivery of care, particularly through the building of a large, community based primary care network focused on prevention.

I believe that uniformed physicians have been

**... we are the most economical,
most quality-focused, most
customer- focused health care
system you can buy.**

trimmed as much as you can trim them. We do need to do more, however, in the realm of integrating Army, Navy, and Air Force providers into all of our MTFs.

Caducean: Historically, the Army has gone through phases of cutting and rebuilding. Is downsizing over, or do you think the resources will continue to shrink?

Todd: There is still a large contingency of individuals and commissions involved in 'right sizing the Medics;' however, I believe we will be able to demonstrate to each and every survey group that we are the most economical, most quality-focused, most customer-focused health care system you can buy.

Caducean: What importance do you place on the

current military-wide efforts geared towards quality management principals and new ways of looking at problems to develop solutions within an institution?

Todd: I am a strong believer in the principles of Total Quality. I have learned in my previous three commands that the people best equipped to make changes in an organization are those who actually do the work. Look for an even bigger focus on Total Quality Management and Continuous Quality Improvement while I am the Commander.

Caducean: How can modern technology help our beneficiaries and staff as we enter the Information Age?

Todd: The strategic definition of Telemedicine will benefit all beneficiaries as well as the medical staff. TAMC is the true leader in medical informatics. PACMEDNET and AKAMAI will further expand these benefits to all those we serve in the Pacific Rim.

Caducean: Task Force XXI is a top Army project for planning and designing the Army of the year 2000 and beyond. What, if anything, can we do at Tripler to prepare for the future?

Todd: If we learn how best to use technology, integrate the Reserve Component into our system and maximize the active component assets we have, we will be well on our way to meeting the dictums of Force XXI.

Caducean: Do you have a special vision for Tripler?

Todd: Tripler 'Regional' Medical Center is a customer focused tertiary medical center with a solid, community based primary care system providing easy access to cost efficient, value focused, health care. We are 100 percent prepared to deploy within 24 hours of notification. Our Graduate Medical Education programs are integrated with Air Force and Navy trainees, and our medical staff is well represented by Air Force and Navy staff. Our trainees learn how to practice medicine in an environment of managed care principles.

We are the best.

More about the new commander ...

Brig. Gen. Warren A. Todd, Jr. was born in Jackson, Miss. He received a Bachelor's of Science Degree in Mechanical Engineering from the University of Mississippi in 1962 and graduated from the University of Mississippi School of Medicine in 1965. He did his internship at University Hospital in Jackson, Miss. and his residence in Pediatrics at the University of Texas Medical Branch, Galveston, Texas. He completed a Fellowship in Immunovirology at the University of Colorado in Denver, Colo. in 1973.

Todd entered active duty with a direct appointment in the Medical Corps in July of 1969. His many assignments include: Assistant Chief, Department of

Pediatrics, Fitzsimons Army Medical Center, Denver, Colo. 1977-1979; Chief, Department of Pediatrics, Madigan Army Medical Center, Tacoma, Wash. 1979-1983; Chief, Professional Services, Eisenhower Army Medical Center Augusta, Ga. 1983-1984; Commander, Raymond W. Bliss Army Community Hospital, Fort Huachuca, Ariz. 1985-1988; Chief, Medical Corps Branch US Army Personnel Command, Alexandria, Va. 1989-1992; Clinical Coordinator, Assistant Secretary of Defense, Health Affairs 1992-1993; and Commander, U.S. Army Medical Department Activity, Fort Belvoir, Va. January 1993 to November 1994.

General Todd received an Masters in Public Administration in Health Services Management from

Golden Gate University in 1987. In 1989 he completed the Army War College.

His awards include the Legion of Merit with three oak leaf clusters and the Meritorious Service Medal with one oak leaf cluster.

Immediately prior to arriving at Tripler, Todd was assigned as the Deputy Commanding General for Health Care Operations, US Army Medical Command, and Chief, Medical Corps Affairs, Fort Sam Houston, Texas.

He is married to the former Nancy Stenger. They have three sons: Scott, Bryan and Andrew.

Col. Franklin R. Smith will relinquish command of Tripler to Todd on Thursday.

Shooting Star at Hickam Beams Images to Tripler

Radiology Project Integrates Modern Technology

by James Campbell, Editor

Patients at Hickam Air Force Base 15th Medical Group are having their X-rays analyzed by medical specialists here. This kind of consultation has been going on for quite a long time. But, this time there's a catch — no film or transportation required.

Technicians from the Department of Radiology sit in a deployable isoshelter just outside Hickam's clinic. The camouflage box may look mundane on the outside, but inside is where the magic begins.

Digital radiology equipment captures high-resolution, electronic images. The images are beamed to Tripler via a high-speed data connection, called T-1. Specialists can immediately analyze the image, make recommendations and send the data back to the care

providers at Hickam. Using older methods, the film had a two- or three-day turnaround time, but now there is almost instant service.

This project fills a need for beneficiaries and physicians at the Air Force Base while their clinic is remodeled, and it also moves Tripler one step closer to perfecting and expanding the AKAMAI Project, according to Col. (Dr.) Mark F. Hansen, chief of Radiology.

Akamai, a Hawaiian word meaning wise, is an expansive project seeking to overcome the time and distance barriers that separate doctors here from patients across the Pacific.

"Our area of operations is bigger than any other medical center, and we're the only federal tertiary-level hospital in the Pacific. So, here we are sitting in the middle of

the ocean. What we're seeking to do is reach out and project our specialty and sub-specialty expertise concentrated inside the pink walls here at Tripler on Oahu out to wherever the problems exist — aboard ships, in Micronesia, in mainland Japan, in Korea and Alaska — wherever soldiers are in the field," Hansen explained.

Operation Shooting Star, one of seven operations plans for AKAMAI, is Tripler's deployable solution. The goal is to have a mobile platform, a deployable telepresence unit, capable of going anywhere to support any mission.

Air Force Lt. Col. (Dr.) Malcolm Dejnozka, chief of Medical Staff, 15th Medical Group, said without the Shooting Star system they would have been forced to send patients elsewhere for X-rays during the clinic's

long renovation project.

Besides avoiding inconvenience, the real-time relay of better-than-film images allows physicians to discuss what they see on the screen with specialist at Tripler. The images are often quickly adjusted for contrast and brightness — a feature lacking in traditional film.

Hickam's temporary solution is currently getting an extension in the form of a temperature controlled tent attached to the isoshelter. Complete with a waiting room, changing rooms and a telemedicine system, the extension will add more features to the deployable system Hickam's general practitioners have become so happy with.

Dejnozka indicated the remodeled radiology area will contain much of the same equipment and a telemedicine system to continue the work with Tripler after the isoshelter

is moved.

Moving Shooting Star is exactly what Maj. (Dr.) Brian Goldsmith, Tripler Radiology's chief of Deployable Operations, plans to accomplish as they test the system's performance in the field.

"Deploying with sensitive equipment certainly is an issue, and we haven't tested it in extreme conditions," he said. The next step will take a new unit to local training areas at Schofield Barracks and possibly an air movement to the Pohakuloa Training Area on the island of Hawaii, Goldsmith explained.

Currently the testing takes place a mere six miles away, but Hansen, who was part of the telemedicine effort in Operation Desert Storm, said he knows it can go much farther.

"The ultimate application of this idea is to save lives on the battlefield. It would also

be a combat multiplier," Hansen said.

Throughout history, 80 percent of the lost man-hours on the battlefield are due to disease and non-battle injuries, according to Hansen. By putting this platform far forward on the battlefield, he said he believes we can digitally transport the appropriate specialist to the side of the soldier and make the diagnosis and recommendations quickly.

"If we can use these tools to give the battle field commander more combat power, we've done what we set out to do," Hansen said.

The Shooting Star efforts at Hickam seem to have solved three problems: the patients have quick access to care; the doctors and technicians have the opportunity to learn and train with the best in modern technology; and, the true deployability of the units is tested.

Perry, Others Praise Joint Endeavor Troops

Forces Display 'True Grit' and Morale is High

by Jim Garamone

Armed Forces Information Service

U.S. defense leaders are impressed with the dedication and professionalism of American troops involved in Operation Joint Endeavor and say all the warring parties in Bosnia have given NATO forces a warm welcome.

Defense Secretary William J. Perry, Joint Chiefs Chairman Army Gen. John M. Shalikashvili, NATO commander Army Gen. George Joulwan and 1st Armored Division commander Army Maj. Gen. William Nash said they were all pleased with the progress of the NATO force and U.S. service members in particular during a news conference in Tuzla, Bosnia.

Perry said "true grit" is the best way to characterize the attitude of American service members in Bosnia. "My overwhelming reaction, as the secretary of defense, is great pride in the American military," he said.

Under the Dayton peace agreement, U.S. forces augmented by military forces from other countries will separate the warring factions and patrol a third of Bosnia. U.S. forces have already met with Turkish and Scandinavian troops that will come under the Army's 1st Armored Division. Perry said the multinational aspect of the force is coming along well.

Nash characterized U.S. service members' morale as excellent. "The No. 1 issue on morale is the security and force protection of the soldiers, and that is paramount to what we will do," Nash said. "We will have many activities for the soldiers as the theater matures."

Perry said Air Force engineers are working to improve living conditions for service members in Bosnia. A U.S. tent city is going up with heated tents. "I can tell you the soldiers that are out there in the mud ... were very pleased to see these new tents coming along," he said.

Perry said the history of U.S. ground involvement in

Bosnia is going to be "dealing with one problem after another, as they come up." He pointed to the Sava River bridge and mines as two of them. He said the cooperation NATO forces are getting from the parties and the competence and dedication of the troops working the problems are key to overcoming them.

Shalikashvili and Joulwan said the logisticians have also done a superb job. "When you get the statistics of what [the logisticians] have done here, in the middle of winter, in a very difficult area of Europe, you have to be impressed," Joulwan said. He said millions of tons of supplies have arrived, and he singled out the performance of the Air Force's new C-17 airlifter for praise. The effort of the logisticians has put the operation, derailed by bad weather, back on schedule, Joulwan said.

Shalikashvili said from a logistics perspective "we're off to a very, very good start. And I feel very comfortable that we will be able to sustain this force for a long time."

TRICARE Update

The Department of Defense has published the final rule establishing requirements and procedures for implementation of the TRICARE program. Managed-care officials at Medical Command Headquarters said the publication confirms procedures in use or being prepared at Army medical treatment facilities.

One planned benefit was not approved, however. Retired beneficiaries who enrolling TRICARE Prime will not receive higher priority for care in the military facilities than active-duty families not enrolled. Assistant Secretary of Defense (Health Affairs) Dr. Stephen Joseph earlier told the Armed Forces Information Service that he planned to give Prime enrollees higher priority. *MEDCOM Public Affairs.*

Answers

Q What direction do you feel that family member health care will take in the future?

A To ensure military health care professionals are ready to care for the active duty service member in wartime it is essential that family members remain a part of the full spectrum in military health care delivery in order to maintain the desired state of professional readiness.

Q What is the Primary Care Initiative, and what will it do for us?

A One health care plan for Oahu that is equally effective, whatever the specific differences across the island military treatment facilities. The goal is health and wellness while providing health care in the most cost effective manner possible to increase access, ensure quality, promote.

Q Why can't we just have health insurance like Federal employees and employees of big companies?

A The military installation hospital and medical centers are essential to the military medical readiness capability. They provide thousands of trained, quality military doctors, nurses and technicians to deploy with our Armed Forces. The military hospital system is the training ground that supports this essential readiness capability. At the same time out military hospitals proved approximately 75 percent of all the health care to authorized beneficiaries at less cost than the same care could be purchased on the civilian economy.

Health care providers with questions about TRICARE can contact the Lead Agent at 433-6849.

Anyone who wants to learn more about TRICARE can get information from the TRICARE Service Center, phone 9486450.

Self-Promotion May Be Key to Future of the AMEDD

by Lt. Gen. Alcide M. Lanoue,
Commander, U.S. Army Medical
Command

Army Medicine has done an exceptional job of re-engineering itself over the past three years, but we haven't been as successful in letting people know what a good job we have done.

Teaching others — both inside and outside the Army Medical Department — about who we are, what we do, and the valuable contributions we make to the Nation remains a big marketing challenge for us. Therefore, I'm asking each member of the AMEDD team to make Marketing the AMEDD our top priority for next year (and I believe that we are all members of the team since we represent the AMEDD everyday).

Marketing consists for four distinct, and equally important, aspects referred to as the "Four P's" (Product, Price, Place, and Promotion). For example, you may have the best product in the world, but if it's not at the right places for customers to buy it or at a price they can afford, it's useless. This was a source of anxiety when we first implemented TRICARE. We had to be careful not to shift so much of the cost to our beneficiaries that they could not afford to enroll. DoD has done an excellent job in designing the TRICARE program as our plan to deliver health-care services in a changing environment. However, the job is not complete yet. TRICARE will, and should, continue to evolve over the next few years as new events unfold.

As more people become enrolled, we must use our marketing assets to establish a system to gather feedback from our

beneficiaries to help us refine TRICARE to make it the best product we can for those it serves. We cannot assume that we always know what's best for our customers without asking them how we can do better. If we identify problem areas (and there will certainly be some), then we must do our very best to fix them.

The "Promotion" piece of the marketing mix is also critical. I've been working very hard in my first three years as The Surgeon General in trying to educate everyone I meet about the extraordinary value of Army medicine to this country. Political pressure has arisen from many quarters to downsize military medicine nearly to oblivion. Many fail to see and understand the direct and inseparable connection between our "peacetime" and "wartime" responsibilities. I've made some headway, but I need the help of everyone in the AMEDD if we hope to survive the budget cutters.

I'm asking each of you to promote two points everywhere you go and to everyone you speak with, especially our customers:

Army Medicine provides worldwide deployable medical readiness and world-class health care at a bargain price for the American people. TRICARE can help us do this even better in the future.

If every member of the AMEDD team can keep these points in mind and promote them enthusiastically in all interactions involving the AMEDD, we will launch a successful marketing campaign, particularly with our patients, who will fight for us if they believe we are worth saving. Together we can reinforce old loyalties and win new allies who will make us their first choice for health care. Help me make that our common goal for the next year.

Army Doctors at Landstuhl Treat MP Wounded in Bosnia

WASHINGTON, D.C. (Army News Service) — A soldier injured Dec. 30 when his military vehicle hit a land mine was treated at Landstuhl Army Regional Medical Center, Germany, for further evaluation.

Spec. Martin John Begosh, assigned to the 709th Military Police Battalion, arrived at Landstuhl hospital Jan. 3, said hospital spokeswoman Marie Shaw. She reported that Begosh is in stable condition and is being evaluated by orthopedic doctors at the hospital.

Begosh, the first U.S. casualty in Operation Joint Endeavor, was driving the lead vehicle in a four-ve-

hicle reconnaissance patrol near Bijela, Bosnia-Herzegovina, 15 miles south of the Sava River, when his Humvee hit an anti-tank mine. The TMM-1 mine packed with 12 pounds of high explosives detonated, destroying the front end of the Humvee and nearly taking Begosh's right foot with it, according to The Washington Post.

The 23-year-old received first aid at a Swedish checkpoint by a Swedish doctor prior to being taken by helicopter to the 212th Mobile Army Surgical Hospital, located about 10 miles north of the river.

Two Army surgeons, Majors Jim Smith and

Darryl Cuda, moved Begosh to the advanced trauma life support station, where they checked his vital signs and made a small incision in his abdomen to check for internal bleeding. Cuda, an orthopedic surgeon, then labored for four hours to reassemble the shattered bones in Begosh's right foot. The surgeons also made incisions in the muscle tissue in both legs to relieve the intense swelling, according to the Post.

Begosh was awarded a Purple Heart medal by Maj. Gen. William L. Nash, the U.S. forces commander, Dec. 31.

The 709th MP Battalion patrol's mission was to

reconnoiter and mark the entry routes branching south from the Bosnian river town of Orasje, particularly the main highway to Tuzla, to aid the Army's effort to span the Sava and push the 1st Armored Division's 7,000 vehicles into northeast Bosnia. The soldiers were tacking up neatly printed road signs marking the route when they realized the final installment of the Sava bridge had been postponed Dec. 30 due to technical problems. The patrol turned around and was looking for another route when the incident occurred.

Reported by Master Sgt. Debra Arden.

Sports & Leisure

Marathon Mania

Tripler Runners Recount Race

Every December, thousands come from around the world to test their running ability. Tripler staff members, both civilian and military, turned out in droves to better their times with previous endeavors or just to make it through the arduous course.

Tripler staff among the top 25 Army female finishers were: Melissa Meyer, 3:35:45, Barbara Springer, 4:23:17, Bonnie Roney, 4:27:18, Kristen Mancuso, 4:38:43, Zina Sullivan, 4:46:27 and Cathleen Cline at 4:46:38.

Rounding out the best 25 Army male finishers on staff was: Tyronne L. Webner, 3:20:10, Calvin Shimora, 3:39:45, and Gene Griffith at 3:39:14.

Perhaps just as important as the finishing time, and

the fact they completed the run are some personal stories the runners have to tell.

Bryan Lowe who finished at 4:21 crossed the line with his daughter Heather. Peter Barcia finished as well as his daughters Kathy and Julie, and son Dan. Jeff Harazin also made it a family affair when he and his wife Kimberly finished together at 6:30. Staff members had family coming in from as far away as Maine just to take part in the landmark event.

Most runners were quick to mention the humidity and heat, but runners like Robert Forsten who finished at 5:51 managed to keep their sense of humor. "I at least beat the guy wearing clogs," he said.

Louise Lettich said she was embarrassed to mention her time of a little more than eight hours while some runners like Juanita Gauss, who also finished past the eight-hour mark, didn't really keep track of the time. The general attitude of many runners, experienced or not, was the effort, not the finishing time, is all that counts.

By most accounts it was as fun as it was grueling, complete with runners with pets, strollers, screaming fans and plenty of time but little breath for conversation.

Editor's note: Names and accounts of the marathon were still pouring in at the deadline for this issue.

Interactive Sports

Polling Your Views of the Active Life

by James Campbell, Editor

I asked a simple question last month, but the answers were far from simple. Is there too much football on television? You said no by a large majority, but the responses were low. I have a theory that people who would have complained about football's domination of the airwaves skip the Sports Page. I had one response that indicated the person's tendency to watch taped games all year, but I'm not sure if he was serious about enjoying the game when he knew the outcome. Pigskin wins, and the biggest easy-chair event of the year is just around the corner.

This month's polling question caused a heated

argument between a few people last year at Organization day. I assume the responses will be high and the results close as we pose the question: "Is bowling really a sport?"

This heated debate has strong arguments either way. Those who love the lanes will speak of finesse, concentration and sheer skill. Others may only cite the appearance of the shoes required and think that leaves bowling out of the wide world of sports.

You be the judge. Send your reply before the first week of February ends so you too can be counted.

Nursing Fun Run, Walk

The Army Nurse Corps 95th Anniversary Fun Run, Walk sponsored by the Department of Nursing kicks off Feb. 3 at Aliamanu Military Reservation. The three mile loop offers challenging hills, a nice view, a chance to test your skills against other Tripler runners or just walk and talk.

The \$3 entry fee includes a T-shirt and covers the prizes for top male, top female and drawing winners. The deadline for early entry was Friday, but those who wish to participate still have time to join the fun.

For more information contact the Department of Nursing or check for the entry form and details on CHCS.

Learn Golf for Free

Active duty soldiers can get started in the game of golf for free. Two clinics have been scheduled for Feb. 2 and March 1, 10:30 to 11:30 a.m. at the Kalakaua Golf Course Driving Range. Bring one golf club, 5 to 9 iron preferred, or the course staff will provide one. You receive expert guidance by their PGA staff during the hour long session and demonstration. Range balls are also provided. Call 655-9833 for more information.

No Cost Tennis Lessons for the Whole Family

Marilo Celarie, a professional instructor, will conduct free tennis lessons for youth, ages 8-15 and adults, 16 and older, on Jan. 27 at the Fort Shafter Tennis Court. Participants receive a 90-minute group lesson. The offer is for anyone who is just starting or former players looking to get back in the game. Loaner racquets will be available at no charge.

Tripler Gym

Special programs at the Tripler Fitness Center include massage therapy, weight training, free aerobic training, lifeguard training, water safety classes, youth and adult "Learn to Swim" classes, water aerobics and a latch key program.

With a well equipped gym so close to work, excuses are hard to find.

B.O.S.S. Hike

Come enjoy the spectacular views from the windward coast for free on Feb. 26. The first stop of the day will be

at the Pali Lookout followed by a stop in Kailua for lunch. The afternoon hike to Sacred falls will give you a chance to enjoy the natural beauty of Hawaii. Hikers are encouraged to bring their own gear, swim wear, your own lunch or money to purchase a meal. The bus leaves Fort Shafter Dining Facility at 10:30 a.m. and returns at 6 p.m. The Schofield Barracks bus departs from the Kaala Recreation Center at 10 a.m. and returns at 6 p.m. Contact your company BOSS Representative for more information.

UCLA Bruins Visit Patients

Members of the UCLA football team and cheering squad visited patients on Christmas Eve, one day before the Aloha Bowl. Armed with good will, candy and team hats, the college students brought some team spirit to patients who would spend Christmas in the hospital. UCLA was defeated by Kansas, but it appears they made some new fans here.

Tell us the score.
Call 433-5785 with your results.

caducean salutes

Special Recognition

Vera Woodstock retired after 31 years of selfless volunteer service to the American Red Cross. She had been a Red Cross volunteer here for more than 20 years.

Promotions

Bruce A. Schoneboom, Nursing, was promoted to Major. Mark Anderson, Information Management Division, and Thomas D. Tharp, Nursing, were promoted to Sgt. 1st Class.

Awards

Major Claude A. Kucinskis and Sgt. 1st Class Danny L. Williams, both from Nursing, and Maj. Karen K. Nauschuetz, Pathology, were awarded the Meritorious Service Medal.

Submissions for this section are encouraged for special recognitions, awards, promotions and advancements performed at Company or Department level.

Region 11 , DoD Seek to Lower Health Care Cost in Remote Areas

Soldiers stationed at locations remote from any military treatment facility may see their health care costs reduced under a new Department of Defense program.

A feasibility test will begin this spring extending a version of TRICARE Prime into remote locations of TRICARE Region 11, Washington and Oregon. The plan will eliminate CHAMPUS deductibles and establish defined copayments for families of soldiers assigned to areas where there is no access to military medical treatment facilities.

In calling for the test project, Under Secretary of Defense Edwin Dorn said he is concerned about the health benefits of active duty members and their families stationed in areas where military care is not available.

"In most cases, these family members must rely to a greater degree upon CHAMPUS for health-care coverage than active duty families who live near military medical facilities," said Dorn.

The under secretary says his goal is to improve access to care and lower out-of-pocket costs for these active duty families.

"It is our intent," said Dorn, "to make this program available to all active duty families assigned to remote locations as soon as possible."

Any permanent waiver of CHAMPUS deductibles will require Congressional approval. Dorn said he has asked the Assistant Secretary of Defense for Health Affairs, Dr. Stephen Joseph, to seek such legislation. *U.S. Army Medical Command Public Affairs.*

Get even more news and
information on the web at:
www2.tamc.amedd.army.mil

Whales in the News

Take some time this winter to see the splendor and beauty of nature's gentle giants when nearly 1,500 hump-back whales migrate from Alaska to Hawaii to breed and give birth from January to April.

Local ITR offices are selling cruise tickets on The Star of Honolulu at reduced rates. The three and half-hour cruises depart daily from Kewalo Basin, and all Oahu tickets offer a free return trip if no whales are spotted.

For more information contact the Fort Shafter Aloha Center at 438-1985 or the Kaala Recreation Center, Schofield Barracks at 655-9971.

Growth Retreats

"We learned more about each other on the marriage enrichment retreat weekend than we have in years. Now we are able to communicate with each other about the important things without fighting or avoiding the issues. We were headed for divorce. We're in love again and excited about our future together," said a participant in the recent CREDO marriage enrichment camp.

Learn intimacy through communication on the next CREDO marriage enrichment retreat at Camp Mokuleia on the North Shore, March 8 -10. Reservations and information are available at 257-1843.

Organizers say the CREDO personal growth retreats help participants open up in an atmosphere of acceptance and positive regard.

The next CREDO personal growth event is scheduled for Feb. 23-26. Retreats are open to all active duty, authorized family members and DoD civilians. Only one member of a family may attend any particular retreat so participants can feel free to be open and honest. Meals, lodging and transportation are provided. Organizers say reservations fill quickly. Call 257-3618 for more information. *Submitted by the Department of Ministry and Pastoral Care.*

Tell Your Story in Three Easy Steps

Submitting your story is as easy as one, two, three. Think of an idea. That shouldn't be hard. Chances are there are things happening in your section, department or division that others are impacted by and want to know about.

Write your story. Communicating may be the hardest part of this easy process, but it is the most important. Remember to write in a conversational style, avoiding abbreviations and military lingo. Interview key players and tell the staff about the mission and the people who make it happen. If you're working on a story and hit a rough spot, contact the editor.

Get your story to the editor. Here's the fun part. Chances are your story was prepared on some type of computer. No need to print it out-- put it on a disk and stop by. Don't worry about what type of computer you use or your software of choice, we're multi-platform and software friendly at the Caducean. If you're on cc:Mail or the Internet, skip the disk, attach the file and use the infobahn. From cc:Mail send to Campbell, SSG James. From the 'net, send to SSG_James_Campbell@smtplink.tamc.amedd.army.mil.

If the only thing you can get to is a CHCS terminal, fire away, and if you still prefer a typewriter or a pencil, we'll accommodate that as well.

We'll consider ideas for stories too. Just make contact.

Environment of Care Update

Our environment is rapidly changing with the construction of Veterans Affairs facilities, remodeling of office spaces, and redesigning traffic flow patterns by the Emergency Room. Officials request extra care when driving, and remind everyone to be patient while making way for improvement.

Much of the medical equipment used at Tripler is maintenance significant. That is, in order to ensure the serviceability of the equipment, the Medical Maintenance Branch of the Logistics Division performs scheduled maintenance checks, services, certifications, verifications, calibrations and repairs on the equipment. If they are unable to perform the work, they will contract for the appropriate maintenance. The Property Management Branch assists the Medical Maintenance Branch by keeping track of all maintenance significant equipment used adhere.

Using the Army Medical Department Property Accounting System, also referred to as the property book, the maintenance on each piece of equipment can be monitored. If the equipment isn't properly registered, the repair and services can't be scheduled.

Improperly serviced medical equipment presents a potential hazard to staff and patients. If you use or know someone who uses maintenance significant medical equipment that the Property Management Branch hasn't registered, notify Medical Maintenance or Property Management immediately. The life you save may be your own.

The Environmental Services Branch of Logistics Division is currently doing their part to maintain a positive environment. The branch is also managing a beautification project tolerance the old and broken tile around the flag pole, replace the hedges nearby and install an irrigation system.

Please assist these and other ongoing projects by helping control litter, using the correct material handling methods to keep from marring the floors and scratching the floors when moving equipment and supplies inside the hospital.

Tripler belongs to all of us. Please help keep it clean, presentable and in the best state of repair possible. If we can all take this kind of attitude, our facility will have the proper atmosphere for patients and staff.

Submitted by the Environment of Care Committee.

Spouses Club Art Auction Offers Famous Works

Hui O Wahine Officer and Civilian Spouses Club will hold their annual art auction Jan. 26 at the Fort Shafter Community Club's Crystal Room. The event starts with an art preview from 1 to 7 p.m., followed immediately by bidding.

The fund raiser offers over 100 pieces by well-known artists, a door prize, and complementary wine and cheese. For more information, call 848-7322.